

Exerciser hits workout peak



MYRNA PARTRICH

EXERCISING OPTIONS

I am an athletic-type man who likes to exercise in private. I have a treadmill and a lot of free weights. I have developed my own program from frequent visits to local gyms. I have been doing great, but I am at a plateau. I am not sure if I should increase my reps or weights. Can you answer this through your column?

Unfortunately, you haven't given me the information required for the proper answer. Truly, I wouldn't want to make any decision without seeing you. I highly recommend a visit from a personal trainer in the privacy of your home. If you have hit a plateau, you now need professional help to get by it.

A personal trainer will develop an exercise regimen that will meet your personal goals. Whether you want to lose weight, define muscles or improve your flexibility, a trainer can help.

Be very open with your trainer, so he or she will get to know you.

This allows the trainer to make sure you are optimizing your natural talents and enables him or her to construct a fitness program that

fits your lifestyle.

If you decide to have a trainer on a regular basis, your motivation will increase. It is harder to find excuses when you have a trainer.

I know our personal trainers work with many different people and can give objective advice based on their wide range of experience.

Trainers notice little things you may not. Sometimes the slightest alteration in your form or your breathing can make all the difference. Because trainers are experts in physiology, anatomy and injury prevention, you'll get the most efficient workout safely. Your trainer should chart all your progress. He or she should keep good records.

If you do not desire an ongoing program, I am sure a trainer can set up a program for you and just follow up either with visits or phone calls.

If you have already invested in a treadmill and free weights, at least one visit should be very beneficial. I consider this a good safety measure.

(Myrna Partrich, co-owner of The Workout Company in Bloomfield Hills and an appointee to the President's Council on Physical Fitness and to the Governor's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your questions to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham 48009.)

Opening day good for hunting



BILL PARKER

GREAT OUTDOORS

Opening day of the firearms deer season is traditionally the best day of the firearms deer hunting season. More big bucks are killed on opening day than any other day of Michigan's 16-day firearms season.

You want proof? Check out the opening day success of local hunters over the last five years.

■ Plymouth's Harry McMullen shot two bucks, a 4-point and an 8-point while hunting near Baldwin on opening day of the 1987 hunt.

■ In 1988, Livonia's Mike Foley took a 180-pound, 8-point one in Jackson County.

■ Art Kannisto of Farmington Hills dropped a 170-pound, 8-point in Alger County on opening day of the 1989 firearms season.

■ Livonia resident Pat Flanagan shot a Boone & Crockett 24-point, non-typical buck on opening day of the 1990 season in Huron County.

■ Last year, Livonia's John Haas dropped a 170-pound, 10-point from his blind in Livingston County.

So why is opening day so much better than others?

There are several reasons.

To start with, the rut is in full bloom and mature bucks are very active. They're on the move throughout the day in search of a receptive doe.

Despite the increased archery hunting activity in recent years, deer in general are still pretty calm on opening day. They won't become spooked until the shots start to ring out.

Hunter activity is at a premium on opening day. Ardent hunters will be in the woods throughout the season, but even the "Week-

end Warriors" will be out in force on opening day. All this hunter activity in the woods will keep the deer moving around throughout the day.

Hunters who experience opening day success on a regular basis do a few things to increase their odds. Here are some of their tips:

Pack a lunch and stay in the woods all day. Forget about the afternoon trip to the buck pole unless you have one to hang. Many hunters leave the woods between 10 and 11 a.m. and don't return until 2 or 3 p.m. Everyone knows deer are active at daylight

and dusk, but they're also on the move when everything quiets down after the hunters leave the woods for lunch. Take advantage of this activity period by staying put all day.

When the lead starts to fly, big bucks will head for cover. Try to set up a blind in an area which you can cover two or three deer runs heading into thick cover.

Arrive at your blind well ahead of the early morning rush. Many trophy deer are shot each year by hunters who are already sitting quietly as the rest of the pack heads into the woods. Last, but

certainly not least, remain quiet and still at all times.

If you or a friend are successful this year give me a call and we'll print your success in our own buck pole. I'll be manning the phones on Monday evening, 6-10 p.m. (not this Monday) at 644-1101 or send a letter to: Outdoors, 805 E. Maple, Birmingham, Mich., 48009. Please include the successful hunter's name and city of residence, the weight of the deer (if known) and number of points on the rack, the date, time and place of the kill, and any other interesting information.



HOLIDAY BENEFIT 1992

The Junior League of Birmingham's holiday celebration enters its seventh season. Join us on

Wednesday, November 18th,
6:30 - 9:30 P.M.

at Jacobson's stores in Birmingham.

- Enjoy hot and cold hors d'oeuvres and tempting desserts served by over 40 of the area's finest restaurants!
- Fashion shows featuring the collections of Louis Féraud and a personal appearance by Dana Buchman.
- Comedian Jeff Hobson.
- Musical entertainment.
- Raffle prizes including travel, sports, and entertainment packages.

Tickets are \$25 in advance and are available at Jacobson's, or by calling the Junior League office at 646-2613. Tickets are also available at the door for \$30.

Proceeds benefit the community projects of the Junior League of Birmingham.

OUTDOORS CALENDAR

UPCOMING EVENTS

AUDUBON EVENTS

A trip to Belle Isle on Saturday will offer participants an opportunity to see many species of ducks in the Detroit River, 545-2929.

ARCHERY SHOOT

The Western Wayne County Conservation Association will hold a 3D shoot on Sunday, Dec. 6, on its walk-through range in Plymouth Twp., 453-9843. A bow hunter league begins

Dec. 2 at the Detroit Archers clubhouse in West Bloomfield, 661-9610.

Royal Oak Archers will hold a 3D shoot beginning at 9 a.m. Sunday, Dec. 13, on its walk-through range in Lake Orion, 693-9799 or 693-1369.

DATES/DEADLINES

Sighting-In-Days run through Nov. 14 at the Western Wayne County Conservation Association in Plymouth Township, 453-9843.

The first archery deer season ends Nov. 14. Woodcock, grouse and crow season ends Nov. 14.

Pheasant season ends in Zones II and III.

Firearm deer season begins Nov. 15.

FISHING CLUB MEETINGS

The Four Seasons Fishing Club meets 7:30 p.m. the first Wednesday of each month at the Maplewood Center in Garden City, 477-3516.

Romeo B.A.S.S. Busters meet 7 p.m. the first Tuesday of each month at the Romeo Community Youth and Civic Center, 286-6469.

Here's an easy way to house-hunt.

You'll find a lot of Open Houses listed right in our Classified Real Estate Section. There are also dozens of Open Houses listed on our electronic HomeLine directory. Be sure to check both. When using HomeLine, call 953-2020. You can listen to all sorts of recorded listings for houses that are open to view.



All you need is a touch tone telephone, a little time, and the following directions for using our voice telephone directory:

1. Call 953-2020
2. Press the number of the city you are interested in (see directory at right).
3. Choose your price range and listen to the listings for the city you've chosen.
4. Additional Information:
 - To back up, press 1
 - To pause, press 2
 - To jump ahead, press 3
 - To exit at any time, press *



For Oakland County Listings, Press 1

Birmingham	4260
Bloomfield	4260
Farmington	4262
Farmington Hills	4262
Midford	4268
Novi	4266
Rochester	4265
Royal Oak	4267
Southfield	4263
South Lyon	4268
Troy	4264
Walled Lake	4266
West Bloomfield	4261

For Wayne county Listings, Press 2

Canton	4261
Garden City	4264
Livonia	4260
Northville	4263
Plymouth	4262
Riverton	4265
Westland	4264

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